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CONTROVERSY-PLAGUED
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Sunday, January 11

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TELUS Convention CENTRE

#CHHSLetsTalk
blows up Internet

Mental health.

Student-run social
media campaign
demolishes five-day
goal in eight hours HELEN PIKE
helen.pike@metronews.ca

Students at Crescent Heights High School are #winning at mental health awareness this week with a five-day social media campaign that was already trending Canada-wide after being launched early Monday.

In just eight hours, the teenagers' efforts amassed 10,000 social media mentions and blew their school's budget on a campaign to raise funds for mental health supports.

"Boy oh boy, has today been a whirlwind," student president Brett Rothery said, his phone buzzing and chirping with every tweet rolling in.

Quoted



"It's something that I think is really important and we don't address enough."

Brett Rothery, Calgary high school student

students who organized the initiative.

On Twitter the hashtag started trending in Calgary, and soon topped the charts Canada-wide, with a little help from Mayor Naheed Nenshi, who tweeted to his 209,000 followers to congratulate the students on a "marvellous" campaign.

The topic hits close to home for Rothery, who struggled with mental health issues in his early teens.

He now hopes to find financial support beyond his school's initial, modest budget.

"We still have four more days to go," Rothery said.

"I'm just going to venture out and find someone else who wants to pick up where we left off and hopefully sponsor us."

But even more important than the money, he said, is the conversation the campaign has started.

He said fellow students have been approaching him in tears over the response from across Canada and the world.



WORLD CHAMPIONS

Canada goalie Zachary Fucale flings his helmet in the air after defeating Russia in the gold-medal game of the world junior hockey championship in Toronto on Monday. The Russians mounted a valiant comeback attempt in the second period after falling behind 5-1, but Canada held on to win 5-4. For the story, see page 16. NATHAN DENETTE/THE CANADIAN PRESS

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Threats. Family of accused in child attack forced from their home

The parents of a man accused of viciously attacking a six-year-old girl on an Alberta reserve say they have been forced to move because of threats of violence.

Ramona and James Strong said in a statement that RCMP helped move them and their other eight children from the Paul First Nation on Dec. 22. That was the same day their 21-year-old son, James Clifford Paul, was charged with attempted murder, aggravated sexual assault and kidnapping.

Band administrator Shane Pospisil said the family is staying at an Edmonton-area hotel and may never be able to go back home.

"While the little girl is a victim and the injuries she has suffered are very, very serious, our family and our other eight children are now also victims," the Strong's wrote in a signed statement released Monday.

"We didn't do anything, and our kids didn't do anything, but we had to flee our home on the Paul Band reserve because of threats and a very real fear of violence against us."

"It's a terrible thing, but it had to be done to protect us and our kids — none of us who have done anything wrong."

The girl was found, outdoors, battered and near death on the reserve near Duffield, west of Edmonton, a few days before Christmas. Media reports have said she was naked in the snow in the woods.

She was airlifted to hospital in life-threatening condition and remained unconscious in hospital for several days.

A suspect was arrested on the nearby Alexis First Nation.

THE CANADIAN PRESS

Ghost Lake crash victims ID'd as students at SAIT

Jordan Fish and Nathan Wack. Friends, family share memories of men who died after pickup plunged more than 100 metres off embankment

ROBSON FLETCHER & HELEN PIKE
calgary@metronews.ca

The two young men killed when a pickup truck plunged more than 100 metres off an embankment northwest of Cochrane over the weekend, identified by friends as Jordan Fish and Nathan Wack of Calgary, were riding in the open air box of the vehicle, according to the RCMP.

"That's our understanding, from speaking with the driver," Cpl. Brad White said Monday.

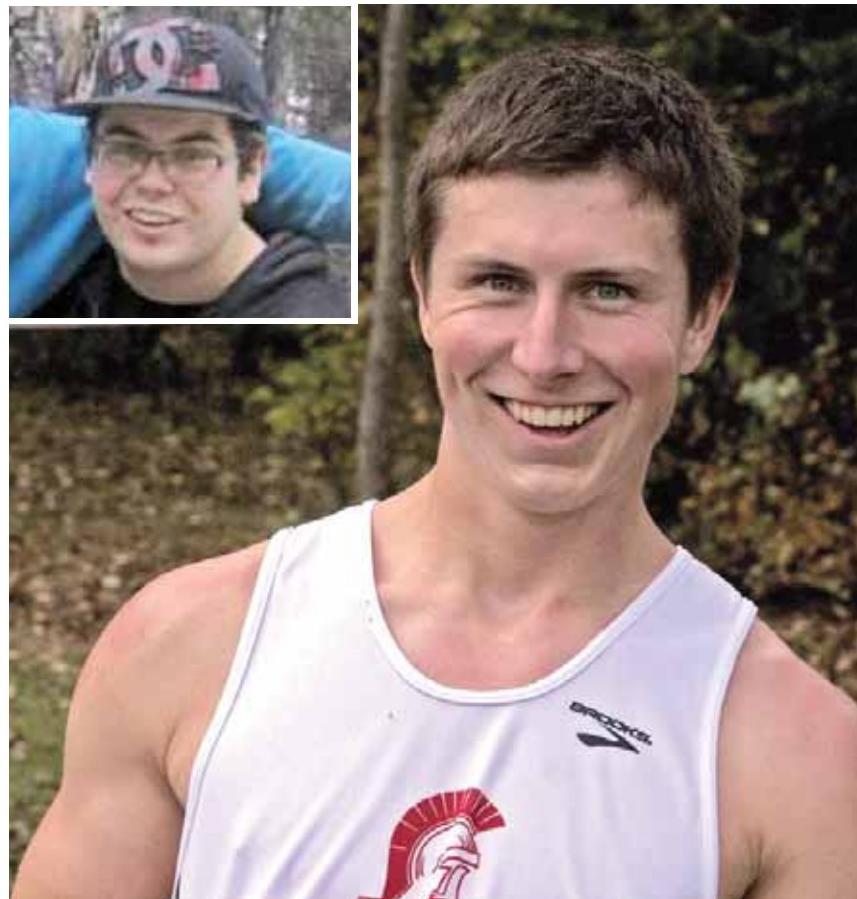
Police believe the group had been camping near Ghost Lake on Saturday night when they decided to head up toward a lookout point on Township Road 265B, also known as TransAlta Road, a few kilometres from Highway 40, and the truck somehow fell over the edge.

"They basically just went off the lookout," White said. "(The driver) just didn't brake hard enough or went too fast or something — he went off the road."

Friends and family shared fond memories Monday of the two young men, both in their 20s, who were killed.

Wack worked as a technician at Marlborough Ford in Calgary and was set to start studies at SAIT as an apprentice on Monday, according to the dealership's service manager David McWilliam.

"He was a super nice guy and a super good employee."



Calgary residents Jordan Fish and Nathan Wack, inset, were identified by friends as the two young men killed over the weekend near Cochrane in a single-vehicle crash. FACEBOOK

McWilliam said. "Nathan was well-liked. He did a great job."

Fish was a cross-country runner with the SAIT Trojans team and was studying power engineering technology at the post-secondary institution.

"I miss you more than words can say. I was proud to be your Uncle and to see you succeed in all your endeavours. I will think of you always," Cory Fish posted on

Facebook, adding: "Love you with all my heart."

The driver of the vehicle, identified Monday by friends as Logan Toews, managed to climb up the steep embankment near the Ghost River and seek help despite "extensive injuries" to his legs, according to police.

"He got up somehow — just up the hill — and then he picked up one of the other

trucks and drove the other three kilometres out," White said.

Cochrane RCMP were dispatched to the site of the crash at about 4:43 a.m. on Sunday, and found the two victims deceased. RCMP continue to investigate.

The driver remained in hospital in stable condition as of Monday afternoon, according to police.

Special police detail to focus on bus safety

Regular riders may have noticed a change while commuting on Calgary buses in the past few months.

It's called the Calgary Transit Bus Detail, and thanks to some extra funding, it's the first time transit has a crew of dedicated peace officers riding with bus operators in its history. Transit cops have been riding C-Train rails for as long as they've existed, but

in October, eight officers and a sergeant formed a team to specialize and focus solely on buses.

"You basically ride with the bus drivers for a number of stops just to ensure that they have that support provided to them," said Sgt. Vikram Kulkarni. "We have to look after the interests of our bus operators, people who are our front-line bus operators."

A focus for the group is quickly and effectively responding to and following up on assaults against drivers.

Insp. Brian Whitelaw said there are about 75 assaults on bus operators each year.

"We're more concerned about preventing," Whitelaw said. "We don't want operators feeling on the transit system that there's nothing that can be done."

Kulkarni said the dedicated group especially helps with response times.

Peace officers in the unit can evaluate and strategically place themselves along bus routes to respond to incidents before offenders get away.

"It's much quicker, of course, when you have the resources allocated to a unit like this," he said.

HELEN PIKE/METRO



Eight peace officers pose in front of a Calgary Transit bus, which now has a special force looking out for rider and driver safety. COURTESY CALGARY TRANSIT

1
NEWS

Calgary volunteer recounts work in Ebola-stricken Sierra Leone

Aid. Local man spent one month working as a technician at one of the Red Cross's Ebola Treatment Centres

In a busy Sierra Leone marketplace, Calgary electrician Sean Freeman was called over by a local man clutching a single plastic bag that contained everything the man owned.

It included his certificate from the local Red Cross clinic stating that he was an Ebola survivor.

That was a poignant moment for Freeman, who recently spent a month working at the Red Cross Ebola Treatment Centre in the city of Kenema. While there he helped out any way he could, but focused on installing generators and doing general carpentry and plumbing work.

Freeman said the effect of the virus was apparent when he touched down in Sierra Leone's capital city of Freetown. People knew not to hug or shake hands, and weren't allowed to congregate in large groups for fear of contamination.

"Can you imagine?" Freeman said. "The entire population doesn't hug or shake hands. You know there's something serious going



Sean Freeman, second from right, spent one month working as a technician at a Red Cross Ebola Treatment Centre in Sierra Leone. COURTESY SEAN FREEMAN

on when you see an entire population change the way they would normally do things."

Freeman admitted that making the decision to go was hard for him, because it meant leaving his infant daughter and frightened par-

ents behind.

"Before I left, it was so unclear what Ebola meant," he said. "All people knew was that it was scary; people get sick and they die."

As of November, the current Ebola outbreak has claimed the lives of more

than 5,500 people, according to the Red Cross, with Sierra Leone being one of the hardest-hit nations.

Despite this, the people of Kenema had a measure of hope because no emerging Ebola cases were reported in the last two-and-a-half-weeks

of Freeman's stay. He recalls how a small soccer game broke out on a nearby field.

"I think people are getting optimistic and they're starting to see the light at the end of the tunnel," Freeman said.

JENNIFER FRIESEN/FOR METRO

Break-ins. Police seek suspects in three cases

Calgary police want help identifying suspects who broke into a Women In Need Society building and stole a safe, cash and keys to other buildings run by the charitable organization.

The first break-in occurred at about 6:20 a.m. on Dec. 27, when three people pried open a door at the WINS building at 3525-26 Ave. SE.

The second break-in occurred 24 hours later, as the WINS thrift store at 6432 Bowness Rd. NW was broken into with keys stolen in the first burglary; nothing was taken.

The third break-in took place about an hour later at the WINS building at 2907 Richmond Rd. SW, illegally accessed using the same stolen keys. Cash was stolen.

Police believe suspects in all three break-ins are the same people, all described as Caucasian — one five-feet-four-inches tall and the other two about six feet tall, all wearing balaclavas over their faces.

Anyone with information is asked to call police at 403-266-1234 or Crime Stoppers anonymously at 1-800-222-8477. ROBSON FLETCHER/METRO



A security-camera image of one of the suspects. CALGARY POLICE HANDOUT



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Researchers aim to help diabetics get fit

Resistance training.

Ongoing study is looking for individuals with Type 2 diabetes to participate

A long string of rubber may not look as impressive as a Bowflex, but local researchers think it might be as effective in

strength training for diabetics.

An ongoing study will test resistance bands, a cheap and portable alternative to the gym, as a way to improve insulin levels for people with Type 2 diabetes.

Dr. Ron Sigal, endocrinologist and study lead, said weight training is proven to manage glucose levels, but he wanted to know if there was a cheaper alternative.

"People can (use resistance

bands) in the comfort of their homes, they don't have to brave Arctic blasts to get to a gym," he said. "Anyone can afford it, anyone can do it — the question is, does it work?"

The study requires that 80 diabetic adults complete an exercise program over six months. The research is expected to last until spring of 2016.

Marty Schacht is one week shy of completing the program

and in that time she's seen a reduction in her leg and back pain.

"I lost some weight," she said. "And the bands really helped with my arm strength and my back."

Sigal is seeking another 47 participants with Type 2 diabetes and anyone interested in participating can call 403-955-8117 or email exercise@ucalgary.ca.

JENNIFER FRIESEN/FOR METRO



Bob Metcalf, left, and David Hewgill have completed the program after 24 weeks. JENNIFER FRIESEN/FOR METRO

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3 charged in break-in, assault involving blade and bear spray

Calgary police announced charges Monday against three people in connection with a December break-in, which saw a woman slashed across the arm and bear spray discharged in a south-east home.

The woman awoke shortly after 5 a.m. on Dec. 22, 2014, after hearing noises in the kitchen of her home in the 0-100 block of Chapple Landing SE, and went to investigate.

She was then confronted by three people who had broken into the home, according to police. A man who lives in the home also came downstairs and was confronted by the armed suspects.

During what police described as an ensuing "melee," the woman received "a slash wound" to her arm. The suspects also discharged at least one can of bear spray during the

Arrests made

Sarah Marie Ryan, 18, and Tasso Athanassios Wright, 24, are facing charges, along with a 16-year-old male who cannot be named.

confrontation, and then fled before police arrived.

METRO

Murat Osman Omar

Victim ID'd in suspicious death

Calgary's chief medical examiner has confirmed the identity of a man killed Jan. 2 in Calgary.

Murat Osman Omar, 23, was found dead in the 1400 block of 8 Street NW after police responded to reports of gunshots. While Omar has been identified, the cause of death hasn't been determined. Police believe it was a targeted attack. METRO

Natalya Niles. Search still on for Strathmore teen

Strathmore RCMP are still looking for a 14-year-old girl who was last seen on Dec. 21.

According to the Missing Children's Society of Canada, Natalya Niles went out for a cigarette and didn't return. A note found in her room said she was going to see some friends.

RCMP believe the young teen was trying to get back to the city of Calgary. She's considered to be a high-risk youth.

Niles is described as five-foot-two, 105 pounds, with brown hair and hazel eyes. She has a smiley piercing under her lip. At the time of her disappearance she was wearing a grey jacket with fur on the collar, black skull gloves, red plaid shirt, grey pants and black boots.

Anyone with information is asked to contact the Strathmore RCMP at 403-934-3968 or 403-934-3535. METRO

Calgary's home values reach highest level ever in city's 2015 assessment

Six-month lag. By law, assessment looks at value of a property on July 1, 2014

 ROBSON FLETCHER
robson.fletcher@metronews.ca

Single-family homes in Calgary reached a new height in the city's 2015 property assessment, ringing in at a median value of \$475,000.

That's an increase of \$45,000 — or 10.5 per cent — over last year, and marks a \$101,000 increase from the median assessment in 2010.

It's also the highest mark ever for Calgary homes in the city's annual assessment process, which, by provincial law, estimates the value of a home on July 1, 2014.

As such, the 2015 assessment doesn't necessarily reflect the current value of a home, and city assessor Nelson Karpa said, "We have seen some slowing down in some of those value growths" since July.

The median value of condominiums, meanwhile, grew to \$290,000 in the 2015 assessment, up from \$260,000 in 2014.

The assessments are used to calculate property tax bills from both the city and the provincial government.

In November, city council approved a tax increase of 4.5 per cent for 2015.

How the new assessments impact homeowners' actual tax bills depends on how much the value of their homes changed compared to the "typical" home in 2015.

The "typical" increase for residential properties, year over year, was 10 per cent, Karpa said. So, if your home's assessed value grew by more than 10 per cent, your municipal tax bill will increase by more than 4.5 per cent.

Conversely, if your assessment grew by less than 10 per cent, your tax hike will be lower than 4.5 per cent.

Calgarians who believe their assessments are incorrect can also appeal to the city to have them changed.

Karpa said there were

In detail

- There were 483,830 accounts on Calgary's 2015 property assessment roll totalling \$308 billion in value.
- There were another 26,638 accounts on the separate business assessment roll, totalling \$3.33 billion in value.
- Assessment notices were mailed Monday and property owners have until March 6 to appeal.
- Questions about assessments can be directed to the city by phone at 403-268-2888.

roughly 3,800 appeals — for both property and business assessments — last year, and the frequency of appeals has been on the decline in the past several years.

"We have seen a decrease in the number of people complaining," he said.



Calgary homes are worth more than ever, according to the city's 2015 property assessment. ROBSON FLETCHER/METRO FILE

Some shelters near capacity during cold snap



The Mustard Seed almost capped its 370 maximum capacity over the weekend, as the cold weather fills homeless shelters. COURTESY KAREN TAYLOR-BINNIE

With temperatures plunging below -20 C, some of Calgary's homeless population risks being left out in the cold.

The Mustard Seed was nearly filled to the brim this weekend, with only 15 beds left out of 370.

"This kind of weather is really hard on the homeless population in Calgary," said Cliff Wiebe, managing director of the Mustard Seed.

"If you can imagine working out in -20 (degree) weather and then having to come

Quoted

"There will be people out tonight.... It's hard to imagine, but there will be."

Cliff Wiebe, managing director of the Mustard Seed

back, not to a warm home, but to a shelter with over 300 other people getting in line for food ... it's very difficult."

Inn From the Cold has

been "exceeding capacity throughout 2014," despite having 40 additional beds from the Winter Emergency Response program, according to executive director Linda McLean.

With the demand for beds surpassing what's available, McLean said that directors of the shelter are talking about setting up a satellite location to add some bed space.

"Conversations have been ongoing throughout the year to come up with some viable

solutions," she said.

"(We want) to ensure that 2015 isn't the same juggling act that it has been for that last 12 months — worried every day that we're not going to have enough beds."

McLean is hopeful that the plan will be set in motion within the next two weeks so that everyone who comes to the shelter will have a warm place to sleep. Still, city organizations aren't always able to reach those in need.

JENNIFER FRIESEN/FOR METRO

Recommendations

Domestic violence training important after death of woman who called 911: Judge

A judge's report on an Alberta woman killed by her boyfriend despite calling for help says domestic violence training for police and 911 operators needs to be con-

stantly updated.

Provincial court Judge James Wheatley made seven recommendations after a fatality inquiry into the death of Brenda Moreside almost a decade ago.

Wheatley says many of the changes have already been made.

Moreside, who was 44, made an emergency call in February 2005 and asked that police remove her boyfriend, Stanley Willier, from her home in High Prairie in

northern Alberta.

Court heard the operator was argumentative with Moreside and didn't pass important information on to RCMP, who didn't go to the house.

Twelve days later, officers acted on a tip and found Moreside lying dead in her pyjamas near the door of her home.

Willier pleaded guilty to manslaughter and was sentenced to 13-1/2 years in prison. THE CANADIAN PRESS

Collision

Many injured after Greyhound bus crashes in Jasper National Park

Numerous passengers and the driver of a Greyhound bus were taken to hospital in Jasper on Monday after the vehicle lost control and crashed into a ditch on the side of the highway.

The single-vehicle crash happened just before 6 a.m. near the intersection of Highway 16 and the east end of Connaught Drive.

Jasper RCMP said most of the injuries were "relatively minor in nature" and the wounded were taken to the Seton General Hospital in the Jasper townsite for treatment.

Police are still investigating the cause of the collision. METRO



The crashed Greyhound bus rests beside Highway 16 in Jasper National Park. COURTESY RCMP

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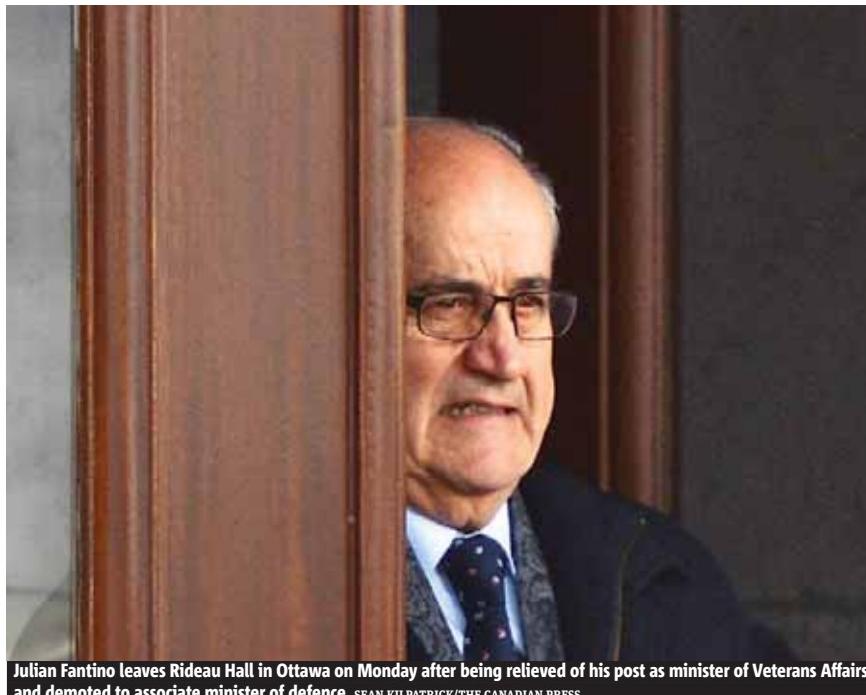
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O'Toole appointed to Veterans Affairs



Julian Fantino leaves Rideau Hall in Ottawa on Monday after being relieved of his post as minister of Veterans Affairs and demoted to associate minister of defence. SEAN KILPATRICK/THE CANADIAN PRESS

Fantino ousted. Julian Fantino's term in Veterans Affairs marked by controversy, scandal

After an 18-month tenure marred by controversy, confrontation and cries of incompetence, Julian Fantino has been booted out of the Veterans Affairs portfolio and demoted to his old job as a junior minister.

In a quiet ceremony Monday at Rideau Hall, Prime Minister Stephen Harper replaced Fantino with Erin O'Toole, a southern Ontario MP and former member of the Royal Canadian Air Force who was elected to the House of Commons in a 2012 byelection.

On the night of last year's infamous televised showdown between Fantino and angry veterans, one of those sent in ahead of time to smooth the way was O'Toole.

Prior to the confrontation,

O'Toole, two other Conservative MPs and Fantino's chief of staff met with the group of ex-soldiers, but failed to ease the concerns of the veterans, who were upset over planned office closures.

As recounted by some who were in the room, the encounter is instructive for the veterans community, which is wondering whether O'Toole's fresh face will actually mean a fresh approach in a department that has become a political liability for the Conservatives in the run-up to this year's election.

Fantino, a tough-talking former police chief who represents the strategically important riding of Vaughan, north of Toronto, remains at the cabinet table as associate minister of defence.

But repairing the political damage of his tenure, which was marred by controversy, confrontation and cries of incompetence, will fall to O'Toole.

A spokesman for the Royal Canadian Legion says the minister won't need extensive brief-

ing, given that he is a veteran and has been active on the file — most notably as an organizer of a Parliament Hill event last spring meant to raise awareness of post-traumatic stress.

Others, such as Mike Blais of Canadian Veterans Advocacy, were doubtful the shuffle would allow the government to rebuild its bridges with veterans, a political constituency important to the Conservatives.

What needs to happen is a fundamental shift in the culture of the department from an insurance company mentality to one of compassion and support, he said.

NDP Leader Tom Mulcair said O'Toole could make a fresh start by reopening the nine Veterans Affairs offices boarded up last year as part of the department's reorganization.

Liberal veterans critic Frank Valeriote expressed sympathy for Fantino, describing him as a "good soldier" who had to deliver the same old "sour message" from the Prime Minister's Office. THE CANADIAN PRESS

Suspension is not enough, Dalhousie protester says

Dalhousie University's decision to suspend 13 male dentistry students who allegedly belonged to a controversial Facebook group from all clinical activities has incited anger with some on campus.

President Richard Florizone, accompanied by the dean of the faculty of dentistry, Thomas Boran, announced the suspension Monday, which was originally decided on Dec. 22.

"The comments made in the Facebook group by some of our fourth-year male dentistry students were deeply offensive, degrading to women and entirely unacceptable," Florizone said during a press conference.

The decision to suspend the men from all clinical activities is part of an ongoing investigation into the incident, and was reached due to their obvious lack of professionalism, Florizone said.

Students belonging to the Facebook group Class of DDS 2015 Gentlemen's Club had allegedly posted a series of sexually violent comments against women, including a poll of female classmates they'd like to have "hate" sex with and jokes of drugging women.

Florizone said these students will not be able to graduate while they are suspended, but did not specify the length of the suspension, only saying the matter is under review by an internal committee, and will coincide with the ongoing restorative justice process.

But suspension is not enough, says Rach Klein, who was one of more than a hundred

students and community members participating in a protest after announcement on the Dalhousie campus.

"No one who thinks rape is funny should have access to sedatives.... We're supposed to be a place of higher education and (those students) have no place getting in the way of that," she said.

STEPHANIE TAYLOR/METRO IN HALIFAX

Possibility of expulsion

Dalhousie University president Richard Florizone said he's not ruling out expulsion, but emphasized university administration must follow a fair and just process.

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Minister Blaney praises CBSA's most-wanted list

The Canada Border Services Agency's most-wanted list has helped to track down several dozen dangerous criminals since 2011, Public Safety Minister Steven Blaney said Monday.

The program led to 59 individuals being located in Canada, with 51 of them being removed from the country.

Another 17 individuals were located abroad.

"In this past year alone, more than 30 dangerous criminals were identified and intercepted by the agency thanks to the support of the Canadian population," he told a news conference at Pierre Elliott Trudeau International Airport.

The federal minister cred-

50 still most wanted

About 50 individuals are still on the CBSA's wanted list and are being sought by authorities.

ited Canadians who called a special border watch phone line with helping the CBSA.

"If we're here, it's to thank the Canadian population for its collaboration in supporting the work of the CBSA," he said.

"These people represent a threat to society."

Blaney said their criminal activities have been linked to drugs and organized crime and

possibly war crimes. He also noted that some individuals may have had a terrorist past.

"It could happen that certain of these people are involved in terrorism activities," Blaney said. "But in these cases, there's collaboration with national security agencies and the RCMP."

Blaney also said more than 150 convicted U.S. sex offenders have been denied entry to Canada in the last three years.

In 2014, referrals by US Customs and Border Protection involving travelling sexual offenders to Canada led to 59 instances where entry was refused at the border.

THE CANADIAN PRESS



Florida becomes 36th state to allow same-sex marriage

Catherine Pareto, left, and her partner Karla Arguello celebrate on the courthouse steps on Monday in Miami after Circuit Court Judge Sarah Zabel lifted a stay on her July ruling that Florida's same-sex marriage ban violates equal protections under the U.S. Constitution. Judge Zabel provided a jump-start to Florida's entry as the 36th state where gays and lesbians can legally marry, saying she saw no reason why same-sex couples couldn't immediately get their licences in Miami-Dade County ahead of a midnight launch statewide.

WILFREDO LEE/THE ASSOCIATED PRESS

Germans protest against anti-Islam movement

PEGIDA. The group is critical of the country's 'non-existent' immigration policies

The square around the Cologne Cathedral was plunged into darkness Monday evening after the historical landmark in western Germany shut down its lights in a silent protest of weekly rallies in Dresden against the perceived "Islamization" of Europe.

The symbolic act came as thousands of Germans demonstrated in Cologne and several other cities against the ongoing protests by the

group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, which attracted its biggest crowd yet in Dresden on Monday night.

Cologne Cathedral provost Norbert Feldhoff told n-tv that shutting down the lights was an attempt to make the PEGIDA demonstrators think twice about their protest.

"You're taking part in an action that, from its roots and also from speeches, one can see is Nazi-ist, racist and extremist," he said on n-tv. "And you're supporting people you really don't want to support."

Only about 250 PEGIDA supporters showed up in Co-

logne, as compared to about 10 times that number of counter-demonstrators. Similarly in Berlin, police said some 5,000 counter-demonstrators blocked about 300 PEGIDA supporters from marching along their planned route from city hall to the Brandenburg Gate.

Another 22,000 anti-PEGIDA demonstrators rallied in Stuttgart, Muenster and Hamburg, the dpa news agency reported.

But PEGIDA's main demonstration in the eastern city of Dresden, a region that has few immigrants or Muslims, attracted some 18,000, according to police.

The demonstrations there have been growing

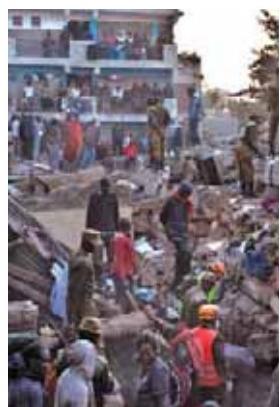
from an initial few hundred in October to around 17,500 at a rally just before Christmas.

In uncharacteristically frank words in her New Year's address, Chancellor Angela Merkel urged Germans to stay away from the Dresden rallies.

When the PEGIDA demonstrators chant "We are the people," Merkel said "they actually mean 'you don't belong because of your religion or your skin.'"

PEGIDA organizer Kathrin Oertel slammed the speech at the rally Monday, telling the crowd "in Germany we have political repression again."

THE ASSOCIATED PRESS



Rescue workers look for survivors at the site of the collapsed building in the capital Nairobi, Kenya, on Monday. SAYID AZIM/THE ASSOCIATED PRESS

Kenya's president orders audit of buildings after collapse

Kenya's president ordered an audit of all buildings in the capital on Monday after an eight-storey residential building collapsed, killing at least two people in the city's second deadly collapse in a month caused by bad construction, officials said.

In December, eight people died when a building collapsed in Kaloleni, another lower-income area of Nairobi.

"The president is appalled that the building falls in a pattern of many structures across the country that have been constructed without adherence to

the basic laws and regulations governing housing development," said President Uhuru Kenyatta's spokesman, Manoah Esipisu.

A high demand for housing in Nairobi means some property developers often bypass building regulations to cut costs and maximize profits. The Architectural Society of Kenya has estimated that 50 per cent of structures in Nairobi are not up to code.

The president expects a full investigation into the developers and anyone else involved

in the approval of the collapsed building's construction, Esipisu said.

One of the victims in Sunday's building collapse died on arrival at the hospital, and a child's body was retrieved from the rubble in the lower-income Huruma area, Nairobi police chief Benson Kibue said. Rescuers saved 38 people, he said, and the military assisted in the search for survivors.

Eight residents of the building still cannot be found, said Kenya Red Cross official Nick Thiongo. THE ASSOCIATED PRESS

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Netflix. VPN users being blocked, report suggests

Netflix says it hasn't changed its policy on users who try to access content licensed for streaming in other countries.

The policy is that users shouldn't be doing it.

It's widely known that Canadian Netflix users can access TV shows and movies licensed for the American market by using a free or subscription-based online service. The popular tools mask a user's true location and trick Netflix — or other websites — into believing the user is actually somewhere else in the world, where different content is available to stream.

A news story on Torrent-Freak.com suggested that Netflix has recently begun cracking down on those location-altering services.

Netflix declined an interview request but released a statement saying it hasn't changed its policies on restricting access to content based on geography.

"Virtually crossing borders to use Netflix is a violation of our terms of use because of content licensing restrictions. We employ industry standard



Online news reports suggest Netflix has begun cracking down on subscribers using location-altering services. THE ASSOCIATED PRESS

measures to prevent this kind of use. There (haven't) been any recent changes to the Netflix VPN policy or terms of use," reads the statement.

A telephone poll with 2,002 anglophone Canadians commissioned last spring by the Media Technology Monitor found about 32 per cent of the respondents were Netflix subscribers.

About one in three of the Netflix users said they had figured out how to access content meant for U.S. subscribers.

The Media Technology Monitor poll was conducted by Forum Research between March 18 and April 19 of last year. THE CANADIAN PRESS

Market Minute

DOLLAR
85.11¢
(+0.09¢)

TSX
14,392.70 (-360.95)

OIL
\$50.04 US (-\$2.65)

GOLD
\$1,204.00 US (+\$17.80)

Natural gas: \$2.93 US (-\$0.07)
Dow Jones: 17,501.65 (-331.34)



CES previews smart-home gadgets

BeeWi wirelessly controlled lights are on display at CES Unveiled, a media preview event for the four-day CES International in Las Vegas that opens to the public Tuesday. The smart-home concept is known in tech circles as the Internet of Things. Current iterations primarily include our ability to control gadgets such as lights and security alarms or view data remotely through a smartphone app. At the gadget show in Las Vegas, manufacturers will promote more devices and functionality. Some gadgets will be able to talk directly with one another, not just to an app. JOHN LOCHER/THE ASSOCIATED PRESS

Report looks at the sunnier side of falling crude prices

Against the trend.

Drop threatens bottom lines of oil-producing provinces and federal government, many other experts say

Perhaps an era of cheap crude won't be so bad for Canada after all.

A Royal Bank of Canada report released Monday argues the financial blows of low oil prices on the Canadian economy could be more than can-

Weakening oil sector

"Our current Canadian forecast assumes that both consumers and exporters will ... slightly more than offset the expected weakening in oil-sector investment."

Royal Bank of Canada report

celled out by the weaker loonie and additional consumer spending on both sides of the Canada-U.S. border.

Many other expert assessments have projected low crude prices to be a net negative for Canada.

The bank analysis pointed to a combined effect of three

"offsetting positive outcomes" from low-priced crude: a boost for the U.S. economy; the lower Canadian dollar's benefit to exporters selling to the stronger U.S. market, and more spending by Canadians thanks to cheaper fuel.

The RBC report said lower oil prices will have signifi-

cant impacts on government budgets in oil-producing provinces. But it argues these provinces — Alberta, Saskatchewan and Newfoundland and Labrador — have seen big increases in revenues from price increases in recent years, putting them on relatively strong footing to absorb the shocks of a prolonged decline.

Other provinces, meanwhile, are seeing benefits from the low crude prices in the form of cheap gasoline and the falling loonie, which is creating a better climate for their manufacturers and exporters. THE CANADIAN PRESS

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Fewer Canadians expect to meet financial goals, new survey finds

Quoted

"We are seeing a real conflict among Canadians close to retirement, who are trying to balance their ... need to reduce debt with the longer-term goal to save for the retirement they want."

CIBC executive vice-president Christina Kramer

A survey conducted for CIBC finds 65 per cent of Canadians ended 2014 feeling confident about reaching their current financial goals.

But that result, from the poll conducted by Nielsen, is down from 76 per cent in the same survey at the end of 2013 and is the lowest figure in five years.

Respondents aged 45-54 were the least confident, with only 58 per cent feeling upbeat about their financial goals, down from 77 per cent.

Only 61 per cent of Canadians aged 55-64 were confident about their current financial goals, down from 74 per cent in the most recent survey.

By comparison, 75 per cent

positive about their current financial situation, down from 70 per cent in the survey a year earlier.

"We are seeing a real conflict among Canadians close to retirement, who are trying to balance their short-term need to reduce debt with the longer-term goal to save for the retirement they want," said CIBC executive vice-president Christina Kramer.

"As Canadians approach traditional retirement age, it can be a challenge to keep focused on both, and that can impact their overall confidence in their future finances."

Nielsen's telephone survey of 1,014 Canadians was conducted between Nov. 13-17. THE CANADIAN PRESS

VOICES

A DRIVE TO LIVE

Toronto-area man Mark Watkin lost his daughter Sarah to cancer a few months ago after doctors were unable to find a full match for a bone-marrow transplant. While the family is still coming to terms with their loss, Watkin shares why he believes swabbing drives are so important:

MARK WATKIN
readers@metronews.ca

"I love you bigger than forever and the moon and the stars in the sky. I'll be dreaming about you all night and all day and I'll be missing you every second until I see you again in the morning."

These are the good-night words I used to say with Sarah every night before bed, and now I say them to myself hoping that they reach her somehow.

Oct. 1, 2012, Sarah was a beautiful five-year-old girl with her whole life ahead of her. Her favourite colours were pink and purple because pink was mom's favourite colour and purple was dad's. She wanted us to know she loved us both equally. She had a little sister, Elizabeth, whom she just adored and who adored her. She loved to ride her bike and had just learned to rollerblade. She had a smile that we knew would one day break hearts. She was our first child, a miracle from our love for each other. Oct. 1 was the day our lives would change forever.

I remember being at Sick Kids and feeling relieved that they were going to figure out what was wrong with Sarah and make her all better. But then a young doctor came to us and told us that Sarah had cancer. Her life just flashed before our eyes. We wanted to take her and run, but there was

nowhere to go. We found out that Sarah had AML, an aggressive type of blood cancer. Her treatment would be long and intense. She would be in the hospital for about six months. Her prognosis was 50/50 — just a flip of a coin.

We fought the disease with chemotherapy, but a year after her diagnosis we were told a bone-marrow transplant was our only hope.

There was no match for Sarah on the national registry, OneMatch. Her new brother, Matthew, also was not a match, and neither was her sister Elizabeth. Our last chance was a half match from a parent, and in February she received a bone-marrow transplant from her mom.

We prayed every second of the day that she would pull through this. We knew that the odds weren't in our favour, and less than six months after the transplant, Sarah relapsed. Now there was nothing we could do to save her. Sarah was dying. Her prognosis: Weeks to months, maybe. How was this happening? What are we going to do? How can we save her? How can we let her go?

We had a new fight on our hands. How do we give Sarah a whole life in just weeks to months? We went to Disney World. We did indoor sky diving and riding on the back of motorcycles. We spent a lot of time at the cottage. We went to Casa Loma



Mark Watkin and his late daughter Sarah. FACEBOOK

dressed as princesses and had high tea. We had a lion cub come to the house and went to a zoo where Sarah pet an adult tiger. We tried to bring her as much joy as we could.

On Nov. 2, 2014, Sarah died in our arms at home in our bed, surrounded by love.

Swabbing Drives. Through our time at Sick Kids, we realized that we needed to do something to help all these children on the cancer floor. We started a Facebook page called Sarah's Drive for Hope. It was to encourage people to donate blood, and get on the bone-marrow list so people

could find their matches if their lives ever turned to tragedy like ours. It was a page of hope for others also fighting cancer. It was amazing; people from around the world began emailing our family with letters of appreciation of how Sarah's life taught them to be better people and some even to be better parents. We also realized that the bone-marrow donation age was 17-35, perfect for high-school students. We began calling local schools, and almost half of the region's schools ran successful swabbing drives. Sarah tried to attend many of them as we spoke to students

about how important getting on the registry could be and how easy it was: just a simple swab in your mouth. In the coming months we learned that four matches were found through Sarah's drives, and those people donated their stem cells. Someone out there now had hope.

The Future. We are trying to learn who our family is without Sarah. It's a struggle to move forward, and often we feel like it's one step forward and two steps back. We are enjoying learning who our other children are and seeing them thrive. We love seeing the smiles on their faces when they play with each other and we wish Sarah was here with us to enjoy them, too. Elizabeth asks to see Sarah all the time, but how do you explain what's happened when we barely understand ourselves?

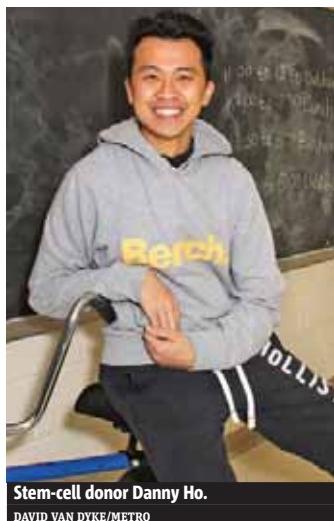
What we do know is that swabbing drives must continue. There are so many people looking for a bone-marrow match, hoping for a chance at life. In the coming months, our family plans to complete an entire school district and swab at EVERY high school in York Region in the spring. The challenge is on. If you know a principal or teacher and want to do something good, contact Sarah's Drive for Hope or OneMatch to find out how to run a simple swabbing drive and save lives.

We will miss Sarah forever and a day.

Understanding the need

- At any given time, close to 1,000 Canadians are waiting for a stem-cell match.
- Today, only 25 per cent of patients who need stem-cell transplants are able to find a match within their family.
- There are some 340,000 potential donors registered with OneMatch, three-quarters of whom are male.
- The process to donate stem cells can only begin when a match has been identified.
- You can help by joining Canadian Blood Services' OneMatch Stem Cell and Marrow Network.
- In honour of Sarah's life, Metro is holding a swab drive for our staff.

'Like giving someone a second chance at life'



Stem-cell donor Danny Ho.
DAVID VAN DYKE/METRO

GILBERT NGABO
Metro in Toronto

Danny Ho's decision to be a stem-cell donor was prompted by a story he read a few years ago.

It was the story of a British man suffering from leukemia who was in his dying moments. His sister, who was identified as a perfect match, would not agree to donate her bone marrow to save his life.

"I couldn't believe it," said Ho, 27, who works as an education assistant for autistic children at Buttonville Public School. "I have two sisters. That story made me think that if one of them needed help, I would definitely donate stem cells to her."

Ho put his name up at OneMatch Stem Cell and Marrow Network, a specific division at Canadian Blood Services that recruits donors and

matches them with patients that need help with stem cells.

He went through various tests with the registry to make sure he was medically fit and fully committed to donate. On June 12, 2013, he spent about six hours at Princess Margaret Hospital, where his stem-cell donation was taken.

"It feels like giving someone a second chance at life," he said. "When I signed up, I knew I could be donating to somebody else, not necessarily my family member, so it's good for the patient and their family, too."

Ho is a perfect example of the demographic currently targeted by the OneMatch registry drive as potential donors.

MaryLynn Pride, transplant liaison specialist at OneMatch Stem Cell and Marrow Network, says there's currently an emphasis on recruiting donors from diverse back-

grounds.

"What we know from scientific research is that patients have a better chance at finding matches from donors within their diverse communities, particularly young males between the ages of 17 and 35," said Pride. "It really is about community giving back to community. We are mainly looking at the quality of the donors and what the demand is from patients."

On average, donors can wait as long as five years before finding a patient they match with.

"We need to increase the number of donors on the registry because the need for stem-cell transplants is huge and has been on the increase every year," said Pride.

"We're always trying to provide the highest quality possible of donors and we do know that those are young males from diverse backgrounds."

SCENE 2

12

GOSSIP

metrone.ca
Tuesday, January 6, 2015



Gossip

NED EHREBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Jennifer Aniston ALL PHOTOS: GETTY IMAGES

Aniston has Brad new attitude as she eyes Golden Globe prize

How do we know Jennifer Aniston is taking her bid for awards season glory seriously?

She's entertaining questions about ex-husband Brad Pitt.

Aniston is currently on the campaign trail for her Golden Globe-nominated performance in the indie drama *Cake*, and the rules of Hollywood state that you've got to play ball if you want a serious shot at some trophies. So Aniston sat down with CBS Sunday Morning, where reporter Lee Cowan used the age-old trick of asking about how

annoying it is when people ask about something as a ploy to ask about that thing without looking like you're actually asking about it. Sneaky, that one.

"The fact that it still follows you around — I mean, I'm divorced. It's got to be painful. I mean, I don't like when people bring it up. But people still do, right?" Cowan asked. And by people, he means himself, who just brought it up.

But Aniston is a pro: "I don't find it painful, though. I think it's a narrative that follows you because it's an interesting

headline. It's more of a media-driven topic," Aniston responded.

And speaking of media-driven, Cowan — who clearly can't take a hint — followed that up with, "You guys still talk? You friends?" And kudos to Aniston for not rolling her eyes or just straight up punching him before replying. We'll see if the gambit pays off.

Kutcher, Kutcher, koo! Ashton, Mila kid you knot

New parents Ashton Kutcher and Mila Kunis got tabloid rumour-mongers worked up into a frenzy on New Year's Eve with a photo message on Kutcher's Facebook page with warm wishes from "the Kutchers," sparking speculation that they'd already secretly tied the knot. But don't worry, you didn't miss anything. Sources tell Radar Online that they "have not gotten married yet" and the

big day won't be happening until the summer.

"Ashton loves fooling people, and because they handle their own publicity, they are totally aware of how to manipulate the press," a source explains. "If they did get married, they are lying to a lot of people close to them about it."

I mean, that's not out of the realm of possibility, though, right?



Ashton Kutcher and Mila Kunis

Mayweather schools Prince in the birds and the Biebs

It might be time to start worrying about Michael Jackson's eldest, Prince Jackson, who becomes a legal adult next month. And if Page Six is to be believed, he's already living a pretty adult life — including clubbing, juggling girlfriends and being generally bratty — thanks to a friendship



with noted role models Justin Bieber and Floyd Mayweather, who "has been offering a lot of advice to Prince," a source says. Mayweather is also supposedly behind recording sessions for a planned "major recording album" by Bieber and Jackson. That's right, a major recording album. Who knows, maybe it will lead to a significant performing tour or something.

Anyway, if you really want to start using rage instead of coffee for a pick-me-up, enjoy these details on the spending habits of 17-year-old Jackson, who receives a \$66,000 monthly allowance from his dad's estate. "He's looking at high-end cars like a Mercedes Maybach, a Rolls-Royce and Range Rovers, and he's buying expensive jewelry," the source says. Ah, to be young.

Prince Jackson with his grandmother Katherine

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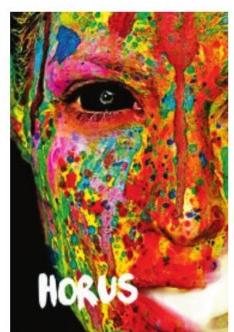
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Two tunes that ignite our optimism for a rockin' new year and a solid single plucked from Broken Social Scene's outtake archives



Milk Teeth

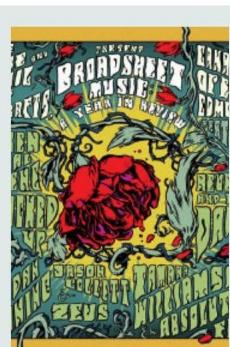
Another song that gives me hope that heavy guitar rock will return in 2015. This grungy Veruca Salt-ish band from Bristol will release a debut EP called Sad Sack on Jan. 26.



Horus / God Damn

More guitar hope. If you can get past their blasphemous name, you'll be rewarded with some heavy crunch from a two-piece act from the Black Country of England that's half Nirvana, half Queens of the Stone Age.

SOUND CHECK
Alan Cross
scene@metronews.ca



Golden Facelift / Broken Social Scene

OK, so it's a leftover from the sessions that resulted in Forgiveness Rock Record in 2010 that BSS just got around to releasing, but that doesn't mean it's not any good. In fact, I think it's as strong as anything they've done.

Artist making waves with jazzy take on folk music

Music. Meet the singer who made you cry in Apple's holiday commercial

If you own a television, chances are you caught Apple's emotional, new commercial over the holidays.

The ad, formally known as The Song, was perhaps the most tear-jerking, talked-about TV spot of the season.

The commercial opens up on a young woman who stumbles upon an old recording her grandmother made decades earlier — a love song for her husband who was away at war.

From there, the granddaughter uses a mix of Apple magic and her own stunning vocals to remaster the romantic tune (the classic Our Love Is Here to Stay).

The ad closes with the teary-eyed grandma hearing the duet for the first time.

The granddaughter, it turns out, is played by upcoming singer-songwriter

A family affair

I really was inspired by my father, and just watching him on stage and rehearsing and writing music. I've been doing music my whole life.

Dana Williams
Singer-songwriter

Dana Williams.

With a bluesy, vintage-sounding voice, Williams is getting used to fans and the media alike referring to her as the new Ella Fitzgerald.

"I would say (my style) is like soul-folk," Williams tells Metro. "I have a very jazzy voice, but my own music is very folksy."

The 25-year-old artist's Apple ad isn't her first TV appearance.

You may remember Williams as a contestant on the first season of ABC's Rising Star.

After dazzling both the judges and viewers with her Billie Holiday-style voice,

Williams went on to release her first EP back in March (an independent album called The Lonely One).

No stranger to the business, Williams actually grew up watching her father, David Williams, play rhythm guitar for Michael Jackson.

"I really was inspired by my father, and just watching him on stage and rehearsing and writing music," says Williams, who also plays guitar.

"I've been doing music my whole life."

Today the Los Angeles-based musician keeps busy with her popular YouTube channel, which showcases duets with artists like actress Leighton Meester.

Since the Apple commercial came out, Williams says life has definitely changed.

"A lot of people have reached out to me, and a lot of people are acknowledging my music now, which is great," she says.

"(It's) everything I could have hoped for as an independent musician."

METRO NEWS IN NEW YORK CITY

Retired R.E.M. frontman returns to stage for Smith

Music. Patti Smith, busy at 68, awakens a 'missed' Michael Stipe on her birthday

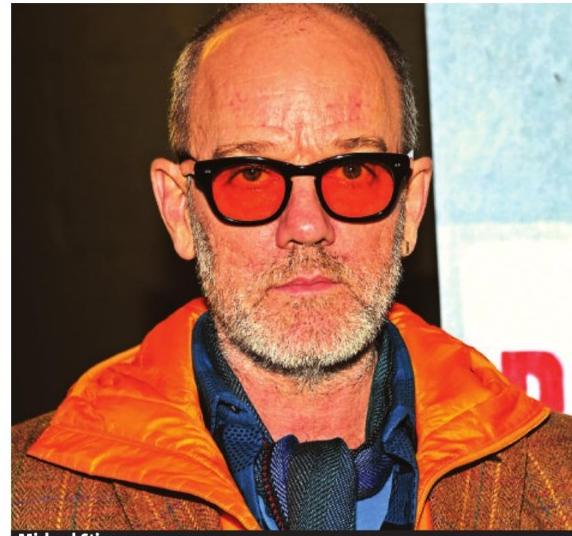
R.E.M. frontman Michael Stipe has stayed mostly out of public view since the alternative rock pioneers broke up four years ago.

But last Monday, as the audience was just settling in, Stipe walked unannounced onto the stage sporting a stocking cap, suit-and-tie and gray stubble.

The occasion was the 68th birthday of the rock icon Patti Smith, who not only roused Stipe from semi-retirement but has planned an active year ahead including a sequel to her acclaimed memoir.

Stipe, hardly ever an "opening act" since R.E.M. took off on college radio stations in the 1980s, sang a six-song set before 1,500 people at New York's Webster Hall as Smith's daughter, Jesse Paris Smith, accompanied him on keyboards.

The R.E.M. singer, with a touch of irony, sang the theme from New York, New York —



Michael Stipe. GETTY IMAGES

most famously performed by Frank Sinatra — but otherwise showed himself to be in a meditative mood. He offered a tribute to the "beautiful and eternal" Vic Chesnutt, the folk singer who died from a suicidal drug overdose on Christmas Day 2009.

Stipe acknowledged his

lyrical debt to Smith (whose Gloria delivered one of rock's most famous opening lines, "Jesus died for somebody's sins but not mine") as he closed with the dreamy R.E.M. song New Test Leper, which begins, "I can't say that I love Jesus / That would be a hollow claim." The Georgia-bred singer, 54,

has not performed since 2008 with the exception of singing the R.E.M. classic Losing My Religion at the urging of Cold-

play's Chris Martin at a charity concert at New York's Madison Square Garden after Hurricane Sandy.

After a fan shouted, "I miss you," Stipe retorted, "I missed me, too."

AFP

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Cheers to a natural 2015

The Canadian Health Food Association's holistic nutritionist Michelle Book takes us through the top trends that health retailers, suppliers and health experts are buzzing about this year

IZABELA SZYDŁO life@metronews.ca

Oils with fancy fats

Avocado oil is about to get a lot more attention. Avocados are touted for their healthy fats, but the extracted oil is rich in monounsaturated fats and vitamin E, which are crucial for healthy, radiant skin. Refined avocado oil is also excellent for cooking or sautéing. Another trendy oil is camelina, which is rich in mono- and polyunsaturated fats with a high proportion of heart-healthy omega-3s (as high as 45 per cent!). It is an oil-seed prized for its nutty and fresh taste, healthy properties and heat-resistant traits. Natural antioxidants, including Vitamin E, give camelina oil a longer shelf life than olive or other oils. It is excellent on salads and drizzled on grilled veggies. Other oils to keep an eye on include flaxseed and walnut oil.



Digestive health

When we have the right balance of good to bad gut bacteria it helps protect our gut lining, keeping it strong and reducing our chances of intestinal permeability (known as leaky gut). Leaky gut means bacterial toxins are passing into our body, which can lead to inflammation linked to weight gain, obesity and mental health issues. Many people think they are getting probiotics from yogurt, but only those that have "live and active cultures" on the label actually contain probiotics and, unfortunately, even when you eat this yogurt it is difficult to know exactly the quality, quantity and type you are consuming. Taking probiotics in a supplement form is the best way to ensure that you are getting enough and the correct strain for your individual health needs.



Pumpkin

Pumpkin has flown under the radar for a long time, but new studies are now linking it to heightened prostate and urinary tract health. Pumpkin seeds are rich in B vitamins, vitamin E, zinc and essential fatty acids. Pumpkin flesh is rich in nutrients including beta-carotene, a precursor to vitamin A, crucial for healthy

reproduction, immune system health and vision. The great thing about pumpkin is there are so many ways, beyond pumpkin pie, to use it. Mixing pumpkin oil and balsamic vinegar makes vinaigrette for salads, and pumpkin seeds are the perfect salad topper. Pumpkin is also becoming a great breakfast food, adding flavour to pancakes, waffles or smoothies while delivering an extra nutritional boost.



GMO labelling

GMO (genetically modified organisms) is a process that tinkers with the genetic material (DNA) to enhance specific traits. Most often, these are crops like corn, soy and canola, which are used in many processed food products. In plant species, these traits can include pesticide or pest resistance, drought resistance or nutrient level enhancement. In 2015 we predict the demand for GMO labelling will continue to increase. In more than 60 countries, including Australia, Japan and all of the countries in the European Union, there are restrictions or outright bans on the production and sale of GMOs. In Canada, we are seeing an increase in consumers demanding to know where their food comes from and whether it has been genetically modified. It's still to be seen how this will impact legislation, but many companies are rising to identify their products as GMO-free.



Small screens have big impact on sleep

Children who have access to tablets or smartphones in their bedrooms get less sleep than children who do not have the devices with them at night, a US study said Monday.

The findings in the Jan. 5 edition of the journal Pediatrics show that having a so-called "small screen" within reach was slightly worse than a television set when it came to sleep deprivation in a group of 2,000 middle school kids.

Overall, those with access to smartphones and tablets got nearly 21 fewer minutes of sleep per night than children whose rooms were free of such technology, and they were more likely to say they felt sleep-deprived.

Those with a TV in the bedroom got 18 minutes fewer of slumber than kids without televisions in their rooms.

"Presence of a small screen, but not a TV, in the sleep environment, and screen time were associated

with perceived insufficient rest or sleep," said the study led by Jennifer Falbe of the University of California, Berkeley School of Public Health.

"These findings caution against unrestricted screen access in children's bedrooms."

Participants in the study included 2,048 Grade 4 and Grade 7 students enrolled in the Massachusetts Childhood Obesity Research Demonstration Study from 2012 to 2013. AFP



Small-screen devices impact sleep more than TVs. ISTOCK

This year, eat better by hitting the sauce

Theresa's tips

How to pick the best bottled condiments



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once upon a time we touted Europeans as folks who eat better because they cook from scratch. It's still true that they generally eat better than North Americans, but they don't have any more time than we do to get meals on the table. They simply demand top quality prepared foods and put them together seamlessly, healthfully and beautifully.

Among those prepared



Look for prepared foods that contain Greek yogurt for added protein. ISTOCK

foods are cooking sauces, which have seen huge growth worldwide. Salsas, pickles and fermented products are cropping up in all sorts of flavours and new combos. It is worth searching for jars full of nourishing ingredients rather than being duped by marketing labels such as "gluten free" and "GMO free." While both can be important considerations, they don't trump a list of fillers over real food. Look for:

- fruits or vegetables as a first ingredient;
- items containing Greek yogurt for protein;
- ways to incorporate beans in any fashion;
- foods that have active probiotic cultures.

Simple Salmon. Open some salsa and a tub of Greek yogurt for an easy weeknight meal

FLASH FOOD



From your fridge to your table in 30 minutes or less

You want a lean, healthy, omega-3-loaded, two-step meal ready only 20 minutes after you come in the door? Of course you do! It's still January and your commitment to eat better is just as valid as it ever was. For

Ingredients

- 1 bunch asparagus
- 1 tsp extra-virgin olive oil
- 4 pieces fillet of salmon
- 1/2 cup salsa (any flavour, but I used PC black bean and corn salsa)
- 1/2 cup Greek yogurt



TOTAL TIME
ABOUT 30 MINUTES

This recipe for Simple Salmon serves four. TERESA ALBERT

this recipe, all you need is salsa, Greek yogurt, salmon and asparagus plus an oven or toaster oven and you're good.

Directions

1. Preheat oven to 400 F. Rinse asparagus and chop off any woody ends. Lay on a baking

sheet, sprinkle with oil and roll to coat. Sprinkle with sea salt if desired. Place into oven on top shelf and bake asparagus until browned to your liking (5-15 minutes).

2. Place salmon in a baking dish large enough so the fillets don't touch. Mix together salsa

and Greek yogurt. Spread onto salmon and place uncovered in oven. Bake for 10-15 minutes depending upon the thickness of your salmon.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

A woman in a white lace wedding dress with a floral headband, smiling.

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Connor McDavid breaks away from Dmitri Yudin and Ziat Paigin to put Canada up 3-1 in the second period on Monday night in Toronto. Canada went up 5-1 but had to cling to the lead as the Russians roared back to fall just short, losing 5-4. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada outpaces Russia to win final

World juniors. Home team claws its way to narrow victory in championship game

Canada's gold-medal drought at the world junior championship is over, but the final step wasn't easy.

After building a four-goal lead, Canada held on through a thrilling and nerve-wracking third period to beat Russia 5-4 on Monday night at Air Canada Centre and capture the nation's first gold in the tournament since 2009.

Canada scored on its first shift, chased Russia's starting goaltender less than three minutes in and ignited the red-and-white-filled crowd of 19,014 that began to celebrate in the second period. When Russia chipped away, Canada's veteran bunch found its first trouble of the tournament but survived to avoid what would've been one of the more memorable collapses in history.

Gold-medal game

5	4
Canada	Russia

- Hockey Canada has expressed its commitment to Montreal as a co-host city for the 2017 world juniors despite attendance concerns at this year's tournament.
- Hockey Canada president and CEO Tom Renney said

Anthony Duclair, Nick Paul, Connor McDavid, Max Domi and Sam Reinhart scored for Canada to build the lead, which at its height was 5-1. Dmitri Yudin, Ivan Barbashev, Sergey Tolchinsky and Nikolai Goldobin scored for Russia, which wasted little time chipping away.

Zach Fugate finished with 26 saves, enough to get the job done with Canada clinging to a

the organization was "deeply committed" to Montreal even as the IIHF said it would keep all options open for the tournament two years from now.

- Toronto is set to host Canada's preliminary-round games and Montreal the knockout round in 2017, flipping from this year.
- Several thousand empty seats for Canadian games at the Bell Centre drew some criticism.

5-4 lead. His two biggest saves may have come with 12 and four seconds left as Russia was playing with an extra attacker.

Russia's Ilya Shestyorkin got the hook after giving up two goals on the only two shots he faced. Backup Ilya Sorokin came in and allowed three goals on 19 shots.

The gold medal is Canada's 16th since the tournament began in 1977.

Prime Minister Stephen Harper was in attendance for what felt like more than just a hockey game. The tense rivalry dates to the 1972 Summit Series. The last time these teams met for world junior gold, Canada blew a 3-0 third-period lead and lost 5-3 in Buffalo, N.Y., in 2011.

"They have such a skilled program," Canadian captain Curtis Lazar said of the Russians. "They know how to put the puck in the net with their firepower and they love spoiling Canada's parade and beating them every which way."

Russia tried to beat Canada up the second the puck dropped at centre ice. Pavel Buchnevich and Domi had been jostling before the face-off, and Buchnevich decked Domi the instant he could.

But Domi turned down the ice and at the 23-second mark fed Duclair for the game's first goal on Canada's first shot. Not long after, 2:32 in, Brayden Point found Paul driving to the net, and it was 2-0 Canada on just two shots.

THE CANADIAN PRESS

Proving his worth

McDavid delivers on biggest stage

When Connor McDavid broke a bone in his right hand in November, the injury cast doubt on him playing for Canada at the world junior championship. The can't-miss generational talent has erased any doubt about his return to brilliance.

McDavid progressed from Canada's opener against Slovakia on Boxing Day to Monday night's gold-medal showdown with Russia, along the way showing off his talent on the world stage.

"He's got that progression since Day 1 of training camp," coach Benoit Groulx said before Monday's final. "He's got to make his comeback at the world junior championship, which is a world of difference between our league or the playoffs; it's not even close."

"You have the best players in the world, the game goes 100 miles an hour, and it's quite an adjustment. I really feel Connor has been better and better every day."

McDavid was held without a point Dec. 26 but had three goals and eight assists over his next six games, putting him among the tournament's leading scorers. THE CANADIAN PRESS

Ron Rivera

Panthers coach's home catches fire

The home of Carolina Panthers coach Ron Rivera sustained "significant" damage from an early morning blaze spewing heavy smoke and fire two days after his team's playoff victory. No one was injured.

THE ASSOCIATED PRESS

Junior Galette

Saints LB arrested in domestic dispute

New Orleans Saints linebacker Junior Galette was arrested Monday in a domestic violence case in which a woman says her face was scratched and her ear bloodied after an earring was ripped off.

Galette was booked with misdemeanour simple

battery stemming from the disturbance at the player's house in Kenner, a New Orleans suburb. Prosecutors could later charge him. It is not clear if Galette, who left jail on \$600 bond Monday afternoon, has a lawyer.

The Saints said they are aware of the arrest and are gathering information. NFL spokesman Greg Aiello said the league knows of the arrest and is "looking into it."

THE ASSOCIATED PRESS

Los Angeles

Rams owner in new stadium

A development group that includes a company controlled by the owner of the St. Louis Rams announced plans Monday to build an 80,000-seat stadium in the Los Angeles suburbs that could become home for an NFL team.

THE ASSOCIATED PRESS

Austrian Alps

Two U.S. skiers die in avalanche

Two prospects from the U.S. Ski Team were killed in an avalanche Monday while skiing near their European training base in the Austrian Alps.

The team said Ronnie Berlack, 20, and Bryce Astle, 19, died in the incident.

THE ASSOCIATED PRESS

Baseball Hall of Fame

Trio of first-ballot pitchers primed for induction

Randy Johnson, Pedro Martinez and John Smoltz appear to be shoo-ins for election to the Hall of Fame in what is shaping up as the baseball writers' biggest class of inductees in 60 years.

THE ASSOCIATED PRESS

Fleet Flames look to keep fire burning for post-season push

NHL. Focus turns to rest as team aims to secure a playoff berth

The Calgary Flames aren't one of the biggest or strongest teams in the NHL, but they're among the fastest.

So they're using their current breather in the NHL schedule to top up the tanks for a second-half sprint to the playoffs.

At 21-16-3, Calgary was tied with the San Jose Sharks for eighth in the Western Conference on Monday. The Flames were on Day 3 of a four-day break between games.

Rookie sensation Johnny Gaudreau, captain Mark Giordano and big-minute defenceman T.J. Brodie were among the players who'd been given a day off from practice the previous day.

Calgary reaches the halfway point of the regular season after Wednesday's home game

Quoted

"Sometimes I'll have an hour nap, wake up and say, 'I'm going right back to sleep,' and set my alarm for another hour."

Flames forward Joe Colborne stressing the importance of sleep late in the season

against the Detroit Red Wings. The Flames play three games in four days this week, but have another four days off after Saturday's game in Vancouver. Any Flames players not participating in the NHL's all-star game Jan. 25 will get another four-day break later this month.

"I thought we handled the rest factor fairly well since Day 1 of the season," head coach Bob Hartley said Monday. "Obviously right now, January is a pretty good schedule for us."

"After this, obviously our positioning in the standings will dictate our approach on days off and practices."

THE FLAMES' JOHNNY GAUDREAU SKATES WITH THE PUCK PAST THE CANUCKS' BRAD RICHARDSON AT THE SCOTIABANK SADDLEDOME ON OCT. 8. GAUDREAU HAS BEEN A BIG PART OF THE FLAMES' SUCCESS THIS SEASON. DEREK LEUNG/GAME IMAGE

What Calgary lacks in size they've made up for in tenacity and speed.

A Flame who epitomizes that brand is Gaudreau. With 13 goals and 18 assists in 39 games, the 21-year-old winger is second in NHL rookie scoring behind Nashville's Filip Forsberg (14-23-38).

At five-foot-nine and 150 pounds, Gaudreau recognizes that sleep and food become crucial at this point in the season.

"I'm a bit of a picky eater but I eat as much healthy stuff as I can," he said Monday.

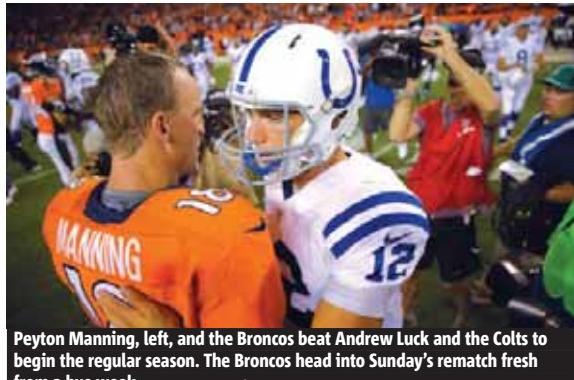
"I try to get to bed at a decent hour so I can get between nine and 10 hours of sleep a night, which is pretty important for me. Sleep's pretty important for most athletes."

THE CANADIAN PRESS



The Flames' Johnny Gaudreau skates with the puck past the Canucks' Brad Richardson at the Scotiabank Saddledome on Oct. 8. Gaudreau has been a big part of the Flames' success this season. DEREK LEUNG/GAME IMAGE

Broncos healthy, ready to saddle up after bye week



Peyton Manning, left, and the Broncos beat Andrew Luck and the Colts to begin the regular season. The Broncos head into Sunday's rematch fresh from a bye week. JUSTIN EDMONDS/GAME IMAGE

Judging by the scarcity of players working with strength and conditioning coach Luke Richesson to the side, the bye week did the battered Denver Broncos an abundance of good.

Denver had listed 22 players on its injury report before the season finale against Oakland, when safety David Bruton Jr. and left guard Orlando Franklin sustained concussions.

Those were the only players who weren't between the lines Monday when the Broncos (12-4) began preparations for their playoff game against Indianap-

olis (12-5).

Most notable among them were Peyton Manning (age 37) and top tackler Brandon Marshall (sprained foot). Manning sat out all of last week's workouts and Marshall practised for the first time since getting hurt at San Diego on Dec. 14.

"Yeah, it was much needed," said fourth-year safety Rahim Moore. "I needed it, our team needed it, especially guys like Peyton, who's been playing since I came out the womb."

Lest that gets back to the five-time MVP, Manning might

Time heals

Julius Thomas, who has been bothered by a bum ankle, was among the Broncos who most appreciated the bye.

- The tight end was instrumental in Denver's regular-season-opening win over Indy with three touchdown catches.

want to know Moore also compared him to a luxury sports car roadster, not an old jalopy.

Moore said the bye "was good for Peyton because it recharges him, makes him feel refreshed. He's an older guy. He needs it. You can't run a Ferrari — or no, a Bugatti — too much. He's our Bugatti. That's how Peyton is to his team, so you've got to give him some rest."

After the tune-up, the Broncos are eager to rev that engine again.

"We've got to get back to work," Moore said. "We went from 100 (m.p.h.) to zero. Now we're trying to get back to 100." THE ASSOCIATED PRESS

NBA. Toronto Raptors limp home after pair of blowout road losses

After the Western Conference road trip from hell, the Toronto Raptors are due for a little bit of home cooking.

And thanks to the NBA schedule makers, that's just what they'll be getting. Starting with Thursday night's game against the Charlotte Hornets, the Raptors play six straight games at the Air Canada Centre.

It's part of a relatively gentle stretch for the Raptors, who are licking their wounds after going 2-4 on their recent road trip, which concluded with a pair of blowout losses to the Golden State Warriors and Phoenix Suns.

"It is what it is. We lost some games we could have won. We won some games that were good wins but we didn't build off it," was point guard Kyle Lowry's assessment after the Raptors were manhandled

In the past



"We can't dwell on it. It's a tough stretch and without our all-star, it caught up to us a little bit. But we have a few games where we have to make up for it on the home floor."

Point guard Kyle Lowry on the Raptors' 2-4 western road trip

125-109 by the Suns Sunday night.

The Raptors need to shake off the losses (which came with DeMar DeRozan sidelined by injury) and look to get a spark at home, Lowry added.

TORSTAR NEWS SERVICE

Cycling. New velodrome is the star of Canadian championships: Harnett

Canadian cycling star Curt Harnett likens it to being out on the water in a canoe on a calm day. "When the water is like glass ... just that feeling of no resistance, sort of like floating on air," Harnett said.

The feeling of racing on a world-class track is unlike any other, said the three-time Olympic medallist, who was one of the first cyclists to ride on the new Cisco Milton Pan Am/Parapan Am Velodrome when construction was completed a few weeks ago.

The gleaming \$56-million facility west of Toronto was built for this summer's Pan American Games, and is getting

Adrenalin rush

"It was a pretty spectacular moment for me; it was hard to believe that we would ever see something like this back in Canada."

Canadian cycling star Curt Harnett on the new Cisco Milton Pan Am/Parapan Am Velodrome

a test run at the Canadian track championships this week. The event may have brought together many of Canada's top athletes, but the track is truly the star of the show.

THE CANADIAN PRESS

Serie A

Podolski on loan to Inter Milan

Germany international Lukas Podolski has joined Inter Milan on a loan deal from Arsenal, giving new Nerazzurri coach Roberto Mancini a boost in attack.

Inter announced Monday that all the paperwork had been completed for the striker to stay with the club through June. Podolski could play for Inter against Serie A leader Juventus on Tuesday. THE ASSOCIATED PRESS

Hopman Cup

Williams recovers after first-set loss

Feeling lethargic and jet-lagged, Serena Williams decided a coffee might perk her up after losing her first set 6-0 at the Hopman Cup. It worked. Williams recovered to beat Flavia Pennetta 0-6, 6-3, 6-0 in Perth, John Isner followed up with a 5-7, 7-5, 7-6 (4) win over Fabio Fognini and the pair won the doubles for a 3-0 win over Italy in Group A Monday. THE ASSOCIATED PRESS



Canada's Dylan Carreiro challenges Lewis Baker of England during a under-20 friendly match on Nov. 12 in Bournemouth, England. Canada enters the CONCACAF Under-20 Championship later this week without top players Carreiro and Fraser Aird. BEN HOSKINS/GETTY IMAGES

Key Canucks out of u-20 World Cup bid

Soccer. Canadian midfielders Dylan Carreiro, Fraser Aird not released by their clubs ahead of CONCACAF championship

Tweet

"Sad to not be involved in the qualifiers, but I am more than positive the boys will do the job and get us to the World Cup in June."

Canada midfielder Dylan Carreiro

not released by their clubs.

"I'm a bit disappointed to lose some key characters with clubs not releasing them but it will provide opportunities for talented players to step up and prove they can apply themselves at this level," Canadian coach Rob Gale said Monday.

Teams do not have to release their players for FIFA youth competitions.

Canada opens Saturday against Haiti in Group B play with games to follow against Mexico, El Salvador, Cuba and Honduras. Group A features host Jamaica, Trinidad and Tobago, Aruba, Panama, the U.S.

and Guatemala.

The group winners move to the tournament final and advance to the FIFA U-20 World Cup in New Zealand. The second- and third-place teams will cross over to play the second- and third-place countries from the other group to decide the final two World Cup spots from North and Central America and the Caribbean.

Canada has not taken part at the FIFA U-20 championship since it hosted the event in 2007, when it failed to score a goal or pick up a point.

THE CANADIAN PRESS



Liverpool's Steven Gerrard
JULIAN FINNEY/GETTY IMAGES

Steven Gerrard starts Liverpool farewell tour with a bang

Steven Gerrard began his Liverpool farewell tour by scoring twice to give his club a surprisingly hard-fought 2-1 win over fourth-tier Wimbledon Monday.

Playing in his first game since announcing he will leave the club at the end of the season, Liverpool's longtime cap-

tain curled in a trademark free kick in the 62nd minute to secure the win against a tenacious and ambitious Wimbledon side.

Gerrard had put his team ahead with a header in the 12th minute, but Adebayo Akinfenwa gave the hosts a

deserved equalizer in the 36th by tapping in after goalkeeper Simon Mignolet failed to clear a corner.

In Monday's other game, Burnley held Tottenham to a 1-1 draw to force a replay between the Premier League sides.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton



Aries

March 21 - April 20

Serious thoughts should be shoved to the back of your mind today. This is not a time to focus on money or career matters, this is a time to indulge in life's lighter side.



Taurus

April 21 - May 21

If you can afford the time and money this is a good time to take a vacation.



Gemini

May 22 - June 21

You will find yourself at odds with someone in a position of authority today and you may have no choice but to back down, even though you believe you are in the right.



Cancer

June 22 - July 23

You need to stay on your toes both physically and mentally, because unexpected events will test you to the limit.



Leo

July 24 - Aug. 23

Dealing with other people's problems will take up a large slice of your time today and while it may be a bore it will also put you in the good books of people whose help you may need in the future.



Virgo

Aug. 24 - Sept. 23

You need to get tough with someone who seems to delight in placing obstacles in your path. Let them know that if they can't be a team player then there is no point in their hanging around.



Libra

Sept. 24 - Oct. 23

What is right for other people won't necessarily be right for you today, so don't follow their example just because you think it is expected of you.



Scorpio

Oct. 24 - Nov. 22

It does not matter what level you are on at this moment, you are very much on the up. So keep climbing.



Sagittarius

Nov. 23 - Dec. 21

Don't let other people's complaints and criticisms get to you today. You may look confident on the outside but a worm of doubt is burrowing its way into your mind and your rivals will play on that if you give them the chance.



Capricorn

Dec. 22 - Jan. 20

You may be in a positive mood at the moment but one particular person desperately needs cheering up. Whatever it is that is wrong help them see it is of no real consequence.



Aquarius

Jan. 21 - Feb. 19

Anyone who tries to tell you what to do today will soon be wishing they had kept out of your way.



Pisces

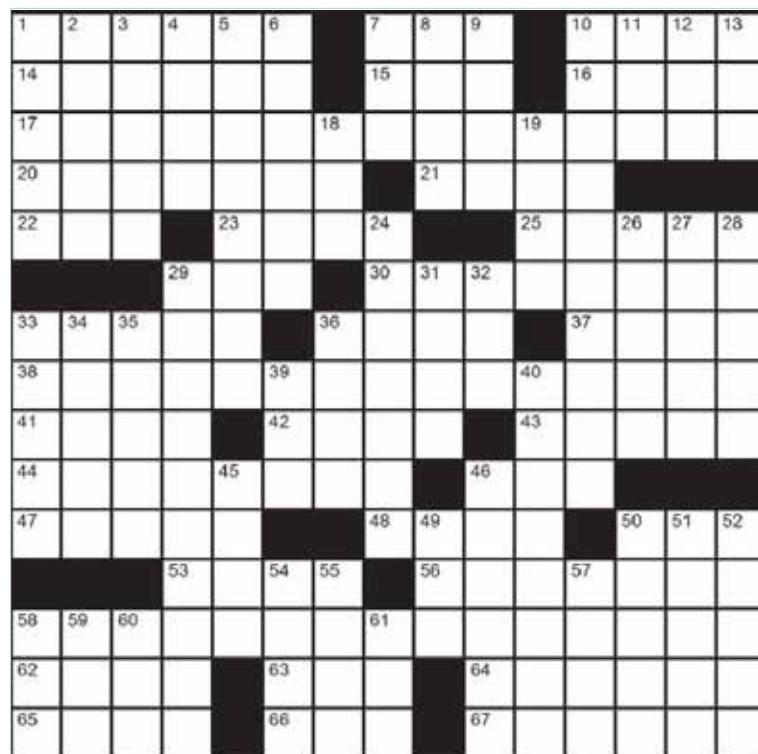
Feb. 20 - March 20

Mixed signals are likely today and you could find yourself laughing when others expected you to be sad.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Geeks
7. Gird
10. Canadian singer/songwriter Steven
14. Imp
15. Q. "Is 'B' the first letter?" A. "__, __ is."
16. Van Halen drummer
17. 1887 novel in which Sherlock Holmes makes his debut: 4 wds.
20. Dough prepper
21. Arctic seabird
22. Dawn goddess
23. Invitation letters
25. Flees
29. 15th Prime Minister's monogram
30. Saskatchewan town
33. Stars, in Latin
36. Be in harmony
37. Person being taken for granted
38. Coaches puller, as per #29-Down: 2 wds.
41. Hagar The Horrible's daughter
42. Jazz vocalist Ms. Anderson
43. Ms. Gilpin's of "Frasier"
44. Katniss __ (Jennifer Lawrence role)
46. Lucy's hair hue
47. Make the score even again
48. Actor Will
50. Clothing size choices
53. 'Within'-meaning



prefix

56. Superstate in Nineteen Eighty-Four
58. Whistler Blackcomb and Mont-Tremblant: 2 wds.
60. Lucy's hair hue
62. Casino game
63. High deg.
64. __ of luck
65. Dr. Cristina __

(Canadian actress Sandra Oh's role from "Grey's Anatomy")

66. Ascertain
67. Multi-__ (One doing it all)

Down

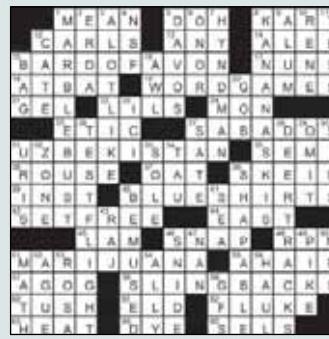
1. Sir Francis __ (16th-century English explorer)
2. "Hey! That __ accident!"
3. Actor Rob
4. S. Amer. country
5. Nightmare: 2 wds.
6. Most cunning
7. Ms. Jillian
8. Katharine of "The Graduate" (1967)
9. The __ (Cabaret)

style theatre in Charlottetown)

10. Partook in the activity at #58-Down
11. __-inclusive
12. "Gosh!"
13. Office tel. line
18. Mr. Berlin, briefly
19. Canberra's country, curty

24. Setting a dollar amount
26. Group ruled by Odin
27. Rome's coin-collecting fountain
28. Daggers
29. __ Central Railway (Operating vintage train attraction in Winnipeg)
31. Hautbois
32. Theological sch.
33. Peter of '60s pop duo Peter and Gordon
34. Kitchen appliance
35. Dogma
36. "By __, I think she's got it!"
39. Whopper
40. The Merry Widow, for one
45. Athapaskan-speaking people of the Northwest Territories
46. Put new actors in roles
49. Geological period
50. Fish of brackish waters
51. Whale type
52. Particular printer
54. Cook's li'l quantities
55. Prince album: "Sign ' __ Times"
57. Affections
58. __ diving
59. Mauna __ (Hawaiian volcano)
60. Lodge
61. Chemical suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	4	8	3	6	1	7	9	2
2	6	1	9	7	4	5	8	3
7	9	3	5	2	8	6	1	4
9	8	5	6	4	2	1	3	7
6	1	2	7	5	3	9	4	8
4	3	7	8	1	9	2	5	6
8	5	4	2	9	7	3	6	1
1	7	9	4	3	6	8	2	5
3	2	6	1	8	5	4	7	9

1	5	6	3		
	1			8	
5	9				4
1	9			5	7
	8			5	2
6	5	7			
9	6		3		7
3			5	8	4
	9	7			

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